



29<sup>th</sup> June 2021

Dear Parent/Carer,

### **Advice for Child to Self-Isolate for 9 Days**

We have been made aware that we have a confirmed positive Lateral Flow Test within Year 4 Lime Class bubble. The individual is awaiting the results of a PCR test.

We have followed the national guidance and have identified that your child has been in close contact with the affected person. In line with the national guidance your child must stay at home and self-isolate for 9 days from date of positive test result. This means your child will not return to school until **Friday, 9<sup>th</sup> June 2021**. **We will contact you again should the individual's PCR test result come back as negative.**

**Please be advised that although siblings should still attend school, Lime Class children will not be able to accompany you onto the school premises. Therefore, we ask that you make alternative arrangements for collection.**

**PCR testing is now required for all identified close contacts of confirmed COVID-19 cases. YOU MUST ARRANGE A PCR TEST FOR YOUR CHILD AS SOON AS POSSIBLE AND INFORM THE SCHOOL OF THE RESULT WHEN RECEIVED VIA [OFFICE@BARROWHEDGES.COM](mailto:OFFICE@BARROWHEDGES.COM).**

Your child must continue with isolation even if they receive a negative PCR test.

If your child is well at the end of the 9 days period of self-isolation, then they can return to usual activities.

Other members of your household can continue normal activities provided your child does not develop symptoms within the 9 day self-isolation period.

Please see the link to: Guidance for contacts of people with confirmed coronavirus (COVID-19) infection who do not live with the person

<https://www.gov.uk/government/publications/guidance-for-contacts-of-people-with-possible-or-confirmed-coronavirus-covid-19-infection-who-do-not-live-with-the-person>



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## **What to do if your child develops symptoms of COVID 19**

Having been identified as a close contact, if your child then develops symptoms of coronavirus (COVID-19), they should remain at home for at least 10 days from the date when their symptoms appeared. Symptoms of coronavirus (COVID-19) are a new, continuous cough, or a high temperature, or a loss of, or change in, their normal sense of taste or smell (anosmia). Anyone with symptoms will be eligible for a PCR test - this is the type of test that is normally available and can be arranged via <https://www.nhs.uk/ask-for-a-coronavirus-test> or by calling 119.

All other household members who remain well must stay at home and not leave the house for 10 days. This includes anyone in your 'Support Bubble'.

The household isolation period includes the day the first person in your household's symptoms started (or the day their test was taken if they did not have symptoms) and the next 10 full days.

Household members should not go to work, school or public areas, and exercise should be taken within the home. If you require help with buying groceries, other shopping or picking up medication, or walking a dog, you should ask friends or family. Alternatively, you can order your shopping online and medication by phone or online.

Household members staying at home for 10 days will greatly reduce the overall amount of infection the household could pass on to others in the community.

If you are able, move any vulnerable individuals (such as the elderly and those with underlying health conditions) out of your home, to stay with friends or family for the duration of the home isolation period. If that is not possible, anyone with symptoms should try and stay as far away as possible from vulnerable members of your household.

For more information, please read PHE's 'Stay at Home' guidance:

<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection>

## **For most people, coronavirus (COVID-19) will be a mild illness.**

If your child does develop symptoms, you can seek advice from the nhs.uk website at <https://www.nhs.uk/conditions/coronavirus-covid-19/check-if-you-have-coronavirus-symptoms/>. If you are concerned about your child's symptoms, or they are worsening you can seek advice from NHS 111 at <https://111.nhs.uk/> or by phoning 111.

## **How to stop COVID-19 spreading**

There are things you can do to help reduce the risk of you and anyone you live with getting ill with COVID-19

*Do*

- wash your hands with soap and water often – do this for at least 20 seconds
- use hand sanitiser gel if soap and water are not available
- wash your hands as soon as you get home

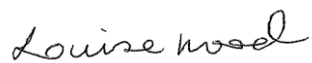
- cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- put used tissues in the bin immediately and wash your hands afterwards

### **Further Information**

Further information is available at

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

Yours sincerely,

A handwritten signature in cursive script that reads "Louise Wood".

**Louise Wood**  
Headteacher